

Friendship Heights
Village Center



Calendar
of Events 2006

MAY						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
REMINDER: The MVA Bus will not visit the Village in June.	1 9:15 a.m.: Fit-4-Ever 10 a.m.: Great Books 11:30 a.m.: Strength Training 2:30 p.m.: Drawing and Painting 7:30 p.m.: Yoga	2 8:15 a.m.: Walking Club 9:30 a.m.: Spanish 2 9:30 a.m.: Tai Chi 1 - 2:45 p.m.: Blood Pressure Screening 3 - 4 p.m.: Tea 3 - 5 p.m.: Suburban Nurse Specialist 7 p.m.: Mat Pilates	3 9:15 a.m.: Fit-4-Ever 10:15 a.m.: Yiddish 11 a.m.: Strength Training 1 p.m.: Mind Mapping 1 p.m.: Portraiture Painting 6:30 p.m.: Spanish 1 7 p.m.: Bones for Life 7:30 p.m.: Concert: Na Pua Mae'ole Hawaiian Music Ensemble	4 7:30 a.m.: Depart for Asheville 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m.: Still Life Painting 11:30 a.m.: Bones for Life 11 a.m. - 4 p.m.: Village Playtime 6:30 p.m.: Scrabble 7 p.m.: Movie: Walk the Line	5 10:30 a.m.: Coffee and Current Events	6 8:15 a.m.: Walking Club 9 a.m. - 1 p.m.: Twin Springs
7 9 a.m.: Yoga 9:30 a.m. - 1:30 p.m.: Coffee and Sunday Papers 11:30 a.m. - 1:30 p.m.: Art Reception	8 9:15 a.m.: Fit-4-Ever 10 a.m.: Great Books 10:30 a.m.: Drop-in Tai Chi 11:30 a.m.: Strength Training 2:30 p.m.: Drawing and Painting 7:30 p.m.: Yoga 8 P.M.: FRIENDSHIP HEIGHTS COUNCIL MEETING	9 8:15 a.m.: Walking Club 9:30 a.m.: Spanish 2 9:30 a.m.: Tai Chi 1 - 2:45 p.m.: Blood Pressure Screening 3 - 4 p.m.: Tea 3 - 5 p.m.: Suburban Nurse Specialist 7 p.m.: Mat Pilates	10 9:15 a.m.: Fit-4-Ever 10:15 a.m.: Yiddish 11 a.m.: Strength Training 1 p.m.: Portraiture Painting 1 p.m.: Suburban Lecture: Diabetes: New Epidemic 1 p.m.: Health Insurance Counseling 6:30 p.m.: Spanish 1 7 p.m.: Bones for Life 7:30 p.m.: Concert: Seager and Sisson	11 8:15 a.m.: Walking Club 9 a.m.: Depart for NSO rehearsal 9:30 a.m.: Tai Chi 11 a.m.: Still Life Painting 11:30 a.m.: Bones for Life 11 a.m. - 4 p.m.: Village Playtime 6:30 p.m.: Scrabble 7 p.m.: Movie:Tsotsi	12 10:30 a.m.: Coffee and Current Events 1 p.m.: Preparing Your Legacy	13 8:15 a.m.: Walking Club 9 a.m. - 1 p.m.: Twin Springs 9 a.m. - 2 p.m.: Value Village Pick-up
14 9 a.m.: Yoga 9:30 a.m. - 1:30 p.m.: Coffee and Sunday Papers	15 9:15 a.m.: Fit-4-Ever 10 a.m.: Great Books 10:30 a.m.: Drop-in Tai Chi 11:30 a.m.: Strength Training 2:30 p.m.: Drawing and Painting 7:30 p.m.: Yoga	16 8:15 a.m.: Walking Club 9:30 a.m.: Spanish 2 9:30 a.m.: Tai Chi 1 - 2:45 p.m.: Blood Pressure Screening 3 - 4 p.m.: Tea 3 - 5 p.m.: Suburban Nurse Specialist 7 p.m.: Mat Pilates	17 9:15 a.m.: Fit-4-Ever 10:15 a.m.: Yiddish 11 a.m.: Strength Training 1 p.m.: Portraiture Painting 6:30 p.m.: Spanish 1 7:30 p.m.: Concert: Frederick Moyer	18 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m.: Still Life Painting 11 a.m. - 4 p.m.: Village Playtime 1 p.m.: Chinese Brush Painting 6:30 p.m.: Scrabble 6:30 p.m.: Vision Transitions 7 p.m.: Café Muse	19 10:30 a.m.: Coffee and Current Events	20 8:15 a.m.: Walking Club 9 a.m. - 1 p.m.: Twin Springs 12 p.m.: Landon Symphonette
21 9 a.m.: Yoga 10:30 a.m.: Depart for Charles Town 9:30 a.m. - 1:30 p.m.: Coffee and Sunday Papers	22 9:15 a.m.: Fit-4-Ever 10 a.m. - 2 p.m.: MVA Mobile Office 10 a.m.: Great Books 10:30 a.m.: Drop-in Tai Chi 2:30 p.m.: Drawing and Painting 7:30 p.m.: Yoga	23 8:15 a.m.: Walking Club 9:30 a.m.: Spanish 2 9:30 a.m.: Tai Chi 1 - 2:45 p.m.: Blood Pressure Screening 3 - 4 p.m.: Tea 3 - 5 p.m.: Suburban Nurse Specialist 7 p.m.: Mat Pilates	24 9:15 a.m.: Fit-4-Ever 10:15 a.m.: Yiddish 1 p.m.: Health Insurance Counseling 1 p.m.: Portraiture Painting 6:30 p.m.: Spanish 1 7:30 p.m.: Concert: Kinor Dancers	25 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m.: Still Life Painting 11 a.m. - 4 p.m.: Village Playtime 1 p.m.: Chinese Brush Painting 6:30 p.m.: Scrabble 7 p.m.: Movie: Capote	26 10:30 a.m.: Coffee and Current Events	27 8:15 a.m.: Walking Club 9 a.m. - 1 p.m.: Twin Springs
28 9:30 a.m. - 1:30 p.m.: Coffee and Sunday Papers	29 Memorial Day Center open 9 a.m. to 2 p.m. 10 a.m.: Great Books 10:30 a.m.: Drop-in Tai Chi	30 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 1 - 2:45 p.m.: Blood Pressure Screening 3 - 4 p.m.: Tea 3 - 5 p.m.: Suburban Nurse Specialist 7:30 p.m.: Book Signing with Frank Warren: PostSecret	31 9:15 a.m.: Fit-4-Ever 10:15 a.m.: Yiddish 1 p.m.: Portraiture Painting 6:30 p.m.: Spanish 1 7:30 p.m.: Concert: Les Amis de Mozart	Village Council Meetings Village Council meetings are held the second Monday of each month at 8 p.m. at the Village Center. The next meeting will be Monday, May 8. The agenda for the meeting is sent to the manager of each building in the Village the week before the meeting with the request that it be posted.		

Shuttle bus hours



Monday through Friday 6:40 a.m. to 9:40 p.m.
Saturday and Sunday 8 a.m. to 7 p.m.

Village Center Hours

Monday through Thursday 9 a.m. to 9 p.m.
Friday 9 a.m. to 5 p.m.
Saturday and Sunday 9 a.m. to 2 p.m.

The Friendship Heights Village Center is open to everyone. People who live or work in the Village are especially welcome.

Time to Declutter!
Value Village truck coming May 13

A Value Village truck will stop in the Village of Friendship Heights on **Saturday, May 13, from 9 a.m to 2 p.m.**

The truck will park on Friendship Boulevard next to the Village Center. Value Village accepts clothing, shoes, and books to support children and adults with developmental disabilities through the National Children’s Center. They will not accept large furniture or large appliances.